



A program of



## What To Do If You Are Sexually Assaulted:

- 1.) Get to a safe place.
- 2.) Tell someone. This is NOT a time to be alone! Don't blame yourself!
- 3.) Call 9-1-1
- 4.) Do not wash your face, bathe, eat or drink, brush your teeth, douche, or change clothes. If you do change your clothes put them in a separate PAPER bags, not plastic. Do not disturb anything in the area where the assault occurred.
- 5.) Get medical attention.

**Sexual Assault**  
Awareness Month

**If you have been sexually assaulted, you are not alone.**

Come to a **SAFE** place

Southern Tier Health Care System created the Sexual Assault Forensic Examiner (SAFE) program to provide victims of sexual assault with confidential and compassionate care. SAFE centers are located in the Emergency Departments at Olean General Hospital, Jones Memorial Hospital and WCA Hospital.

**Olean General (716) 373-2600 Jones Memorial (585) 596-4011**

**WCA Hospital (716) 487-0141**